Winter Care
A Guide for Newly Arrived Immigrants
Omaha Winter
What is Important to Understand?

- Heating
- Clothing
- Accidents
- Flu Shot
Heating

- Set Temperature inside between 68-75 degrees
- Higher than 75 is too expensive. If you are still cold inside, put on extra clothes or blankets.
If thermostat is not working:

- CALL the landlord to come and fix immediately!
  - Say your name and address
  - Say “The heat is not working”
  - Call every day until it is fixed

Heat MUST be fixed in 24 hours
Or the landlord MUST bring you space heaters until it is fixed.
Do not try to heat your home with the oven or fire. It is dangerous.
Winter Clothing

- Heavy Coats
- Hats
- Gloves/Mittens
- Boots/Good Shoes (no sandals!)
- Socks (you can layer)
- Scarves
Layering clothes
Heavy Coats

Light jackets, sweatshirts, or sleeveless vests are not warm enough alone. They are good for layering, but...

You need a good heavy winter coat like these:
Hats
Gloves / Mittens
Boots

NO FLIP FLOPS
Socks

• Never go outside in the winter without socks on!

• You should wear more than one pair if it is very cold out.

• Always wear good shoes over your socks in winter.
Hypothermia

- Body getting very cold
- Body cannot warm itself
- Shivering, can’t speak, confusion, really tired
- Prolonged cold can lead to serious health problems
Frostbite

Common Areas:
- Fingers
- Toes
- Nose
- Cheeks
- Ears

Frostbite is very serious. If tissue freezes, it can die. Sometimes they have to amputate frostbitten body parts.
It does not have to SNOW to be cold enough for a COAT.

Sometimes it is dangerously cold without any snow.

Wear a coat based upon the TEMPERATURE, not SNOW.
Falls – What to do?

- R-I-C-E:
  - REST
  - ICE
  - COMPRESSION
  - ELEVATION

- Pain Medication: Tylenol or Ibuprofen
  - Follow bottle instructions
Falls – When to go to Doctor?

- Swelling
- Numbness/tingling feeling ("pins and needles")
- Long lasting cold feeling
- Pain not controlled by medication (for couple of days)
- Pain not improving for more than 2 weeks
- Bone looks misshapen or is exposed
Walking Stick

Using a walking stick can help keep balance.
Get your flu shot!

- **Influenza (The flu)**
  - Virus that causes fever, cough, sore throat, body aches
  - Spreads to everyone through cough/sneeze/talking
  - Affects children and older people the worst
Get Your Flu Shot!

- Anyone over 6 months of age
- One shot every year for adults
  - Children age 6 months to 8 years get two shots
    - one month apart
- Very important for children, people over 65, pregnant women, asthma, COPD, diabetes, heart disease patients
- Do not get the flu shot if you have an egg allergy
- HIV positive people should only get flu shot via injection, not nasal spray
Sick during Winter Season

- Wash hands often
- Cover sneezes and coughs with your elbow
- Sneeze in a direction away from people

Drink plenty of water (at least 8 cups per day)